

Something New

Tired of the same old thing, day in and day out? It's easy to know what you're going to have for a life today - because it's exactly what you had yesterday. Here are a few ideas to stir things up a little:

- ✓ Cancel an unimportant appointment (such as picking up laundry) and check out a new art gallery, go for a walk, or visit an ethnic food store instead.
- ✓ Go through your weekend newspaper's events section and pick at least one activity to attend in the coming week. Buying tickets in advance will help you keep the commitment.
- ✓ Take \$20 to a newsstand and pick up interesting magazines you've never read before. You'll gain new thoughts and maybe even a new hobby.

If you only try one new thing every couple of days you can break up the feelings of being in a rut.

